

# RACE FOR LIFE SCHOOLS HOW MUCH SUGAR IS IN YOUR FOOD LESSON PLAN



## KEY STAGE 2 – BACKGROUND, OBJECTIVES AND RESOURCES

This Lesson Plan supports the Science, Maths, Design + Technology and English curricula.

### BACKGROUND:

Children and adults with higher intakes of sugary drinks and food are more likely to be overweight or obese than those with low intakes. Obesity is the single biggest preventable cause of cancer after smoking. Understanding how much sugar is in drinks and foods, and consistently choosing those with a low sugar content can help prevent weight gain and therefore reduce the risk of cancer. In this lesson, pupils will find out all about the sugar in the food and drink they consume.

### LEARNING OBJECTIVES:

By the end of the lesson, pupils will be able to:

- Explain why too much sugar in food and drink is bad for you
- Identify how much sugar is in the things they eat and drink by looking at the labels
- Compare the sugar content in a variety of drinks
- Understand the recommended daily sugar allowance for their age
- Choose healthier alternatives to sugary drinks

### RESOURCES: YOU WILL NEED:

- Maximum Sugar Allowance Slide
- Sugary Drinks Activity Sheet
- A selection of single-serving drink products. Good ones to use include chocolate milk, regular milk, coca-cola, fruit juice, an energy drink and water.
- Ask pupils to bring in empty packets of something they might eat at home, like yoghurt, biscuits, granola bars or other snacks. Different kinds of breakfast cereal, from the sugary kinds to sugar-free, work really well for this.
- Sugar cubes/Sugar
- Scales (optional)

### CURRICULUM LINKS: MATHS

- Read, write, compare and order numbers, solving problems
- Solve problems involving addition, subtraction, multiplication and division
- Complete, present, read and interpret data/information in bar charts, pictograms and tables
- Solve one-step and two-step questions and comparison, sum and difference problems using information presented in scaled bar charts and tables, and other graphs

### SCIENCE

- Gathering, recording, classifying and presenting data (including results) in a variety of ways to help in answering questions
- Identify that animals, including humans, need the right types and amount of nutrition, and that they get nutrition from what they eat
- Recognise the impact of diet, exercise and lifestyle on the way their bodies function

### DESIGN AND TECHNOLOGY

- Investigate and analyse a range of existing products
- Understand and apply the principles of a healthy and varied diet

### ENGLISH – SPOKEN

- Articulate and justify answers, arguments and opinions

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## KEY STAGE 2 – THE LESSON

### STARTER: (15 minutes)

- 1 Before the lesson**, ask the pupils to bring in empty packets of food from home. Or, bring in various packets of empty snacks. Make a note of the amount of sugar in each product, per 100g.
- Explain that today they're going to find out how much sugar is in their food and what else they can eat and drink instead of things with a high sugar content. Also explain that when too much sugar is added to food it can cause health problems. Eating things with too much sugar can make you overweight and increase your risk of health problems, such as diabetes, heart disease and cancer later in life. (See background information on page 1).
- Divide the pupils into groups. Tell them that they will need to sort the food they have brought in (or you have supplied them with) in order from least to most sugary. Tell them not to look, yet, at the nutrition information labels! (You can put sticky notes over the labels if you wish).
- Ask the pupils what order they put things in and why. Was it because of how sweet something is? Or how big and heavy it is? Or because it is considered a 'chocolate' or a 'snack'?
- Show them how to read the amount of sugar on the label (per 100g) and then have them re-sort their products. Were they surprised? Is there anything they would think twice about eating now?



### MAIN ACTIVITY: (20 minutes)

- Show pupils the 'maximum sugar allowance' slide and pass out their Activity Sheet. Tell your pupils that one of the easiest ways to accidentally consume too much sugar is through what they drink.
- Explain that a sugar cube contains 4 grams of sugar. Show them, with one of the nutritional labels from the Starter Activity, that they can find the correct number of sugar cubes by dividing the amount of sugar per bottle by the 4 grams in the sugar cube. (For younger KS2 pupils, you can adapt this to have them sort as they did in the Starter, and provide them with a key to show how many cubes that would be. Or, use scales to weigh the sugar and look at how big the piles of sugar are. You can also choose to do this as a whole class activity).
- Arrange the pupils into groups or work with the whole class.
- Provide a variety of single-serving drinks (or just the labels printed out for each group). Drinks should vary in sugar content. Using what they have learnt about reading labels, they should find out the sugar content of the products and then add their answers to their Activity Sheet.
- Share Out: As a class, write down the names of products associated with the drink types. Explain to the pupils that fruit juice is sugary but still counts as one of their five a day. However, they shouldn't have more than one serving a day because it is still high in sugar and low in fibre.

### PLENARY: (10 minutes)

- Ask the class, 'Would any drink provide you with your entire daily sugar limit?' and, 'Which of these are better for you to drink than some of the others?'
- You can extend this by reminding them of their maximum daily sugar limit and showing them the labels from things like a piece of cake and an orange soda, and ask them to add those together. How many of them probably had at least that much sugar yesterday? What healthy options could they have instead?

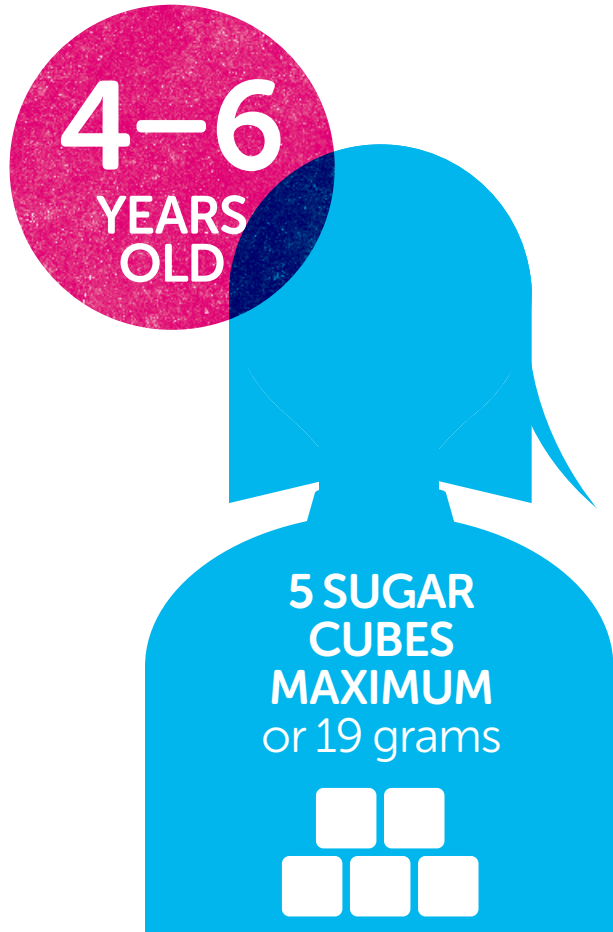
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## DO YOU KNOW YOUR SUGAR ALLOWANCE?



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## HOW MUCH SUGAR ARE YOU DRINKING?

### ACTIVITY SHEET

**DIRECTIONS:** On this activity sheet you will look at a variety of different beverages that we sometimes drink, and see how much sugar is actually in each of them. You may be surprised at some of your answers!



NAME OF DRINK	TYPE OF DRINK	AMOUNT OF SUGAR IN GRAMS (PER SERVING)	AMOUNT OF EQUIVALENT SUGAR CUBES (PER SERVING)
	FIZZY DRINK	g	CUBES
	FRUIT JUICE	g	CUBES
	MILK	g	CUBES
	CHOCOLATE MILK	g	CUBES
	WATER	g	CUBES
	FLAVOURED WATER	g	CUBES
	HIGH ENERGY DRINK	g	CUBES
	FRUIT SMOOTHIE	g	CUBES

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